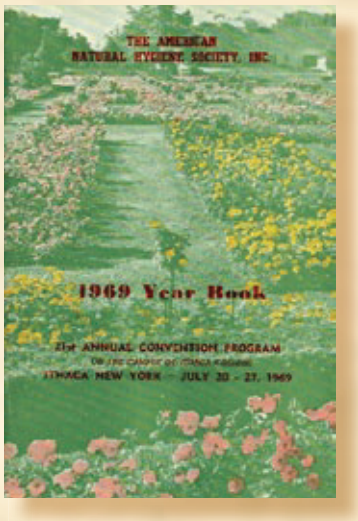
timeless teachings

Does Education Educate?

by William L. Esser, M.D.

Editor's note: *In this issue, we are pleased to once again feature the powerful wisdom of Dr. William Esser, one of the founders of our Association, who for over 50 years operated the world famous "Esser's Health Ranch" in Lake Worth, Florida. This demand for real understanding by the medical profession of the essential nature of disease, and a call to action about our imperiled environment, appeared 49 years ago in the program for the 1969 Convention of the American Natural Hygiene Society in Ithaca, New York. It rings just as true today as it did nearly five decades ago and exemplifies how far ahead of their time the leaders of our movement were.*



Man has learned many things since his primitive days. His development in the arts and sciences has been extensive and promises further unlimited advances in the future. He has begun to explore the mysteries of the Universe with an exciting display of technology. He is plumbing the unknown depths of the sea never before possible. His profundities in the chemical laboratory never cease to expound and give us reason to marvel as we use the resulting products in every walk of life.

It is perhaps because we have been so dazzled by Science, that we have depended on it to fill the necessary requirement of our bodies. Here, however, any relationship to Science is difficult to perceive. Because the prevailing "healing" cult has usurped the position of absolute dictator in matters of health, pretending its pronouncements to be Scientific, when they are dismally fraudulent, and based on ancient superstitions, it has been virtually instrumental in destroying the health of twentieth-century man, and totally delinquent in failing to educate him in the laws of life.

John H. Tilden, M.D., wrote numerous articles entitled, "Does Education Educate?" He pointed to the fact that the long years of medical education, clinical study, internship and research are fruitless, in that the essentials of good health are obscured by the preoccupation with drug and serum therapy, with which to pummel and depress vital function. Causes are unrecognized or ignored, and symptoms treated, distorted, disguised and multiplied by the therapies with which they are treated.

The current evils of air and water pollution are completely the fault of a delinquent AMA in failing to educate the public and taking the necessary steps to eliminate the dangers of health and life that such pollution produces.

This same body of men, self-appointed guardians of the public health, for years bent over backwards avoiding the acknowledgment that tobacco "might" be a causative factor in lung cancer, cardio-vascular disease, and other sundry disorders.

The deadly chemicals used in agriculture during the past forty or fifty years are creating absolute havoc in the ecological balance in Nature. Many "obscure" diseases are of late being traced to the complex chemicals used to kill insects in the home and garden. Again, the representative medical body officially does nothing to educate the public about this danger, or further to insist that laws be passed to prevent such items from being used or sold. Perhaps, it is because of the realization that many of the drugs and medicines which the physician himself injects into his patients are equally as deadly, and that the entire concept of life and health might have to be revised if he takes too definite a stand against the poisons in man's environment. We prefer to believe that the average physician is a product of his education which did not educate, rather than aware and negligent; who could bear so great a moral guilt!

It has always been the independent researcher who has awakened the minds of the public to health hazards and attempted to educate it in the principles of life. Such men were the Grahams, Tralls, Jennings, Shews, Jacksons and Taylors of the 19th century, and the Deweys, Densmores, Oswalds, MacFaddens, McCanns, Tildens, Hays, and Sheltons of this century. Because these men have

struck for the cause of truth, and because truth has always been met with cries of "Quackery," no effort has been spared to oppose and ridicule their findings, and to minimize the dangers exposed.

Twenty-one years ago, the threads of the old American Physiological Society, which had been established and nurtured by the outstanding health reformers of the 18th century, were picked up by Herbert M. Shelton, Christopher Gian-Cursio, Gerald Benesh and myself, and our present Society was born. In the course of those twenty-one years, the Society was gradually grown into a virile, well-established organization whose presence is being felt in many parts of the globe.

It is the purpose and determination of the dedicated men and women who devote their efforts to the American Natural Hygiene Society to create a health consciousness in their fellowmen based on the physiological needs of man, as well as to caution him as to the dangers in his environment. It is fomenting a revolution all of its own for the cause of better health. This is not a new revolution, for it has been smoldering for over a century and a half.

Every person attending this Convention of this Society is in a position to assist in bringing better health to his fellow man. It is not enough to learn the essentials of health, and to selfishly live out one's life while keeping the precious knowledge to oneself. There are too many dragons to slay, and too many wrongs to correct for one to sit back and let others wage the battle, for it is an enormous one. It is the least one can do to demonstrate appreciation for new found health and added years, by whenever possible expressing one's discontent with the prevailing laxity in legislation. This legislation permits the infringement of personal rights in relation to compulsory immunizations, the chemicalization of foods, the pollution of air and waters, the distribution of birth control pills with public funds, which destroy health, etc.

The hour is late, for the inroads to Man's very existence are wide and deep. Only the greatest united efforts can hope to reverse the destruction of Nature's balance. NHA

To read more Timeless Teachings, visit the NHA website at: healthscience.org/health-science-magazine/timeless-teachings

letters & notes

Much Appreciated Letters to the Editor

Continued from page 4

ence is top quality. From cover to cover, its layout (the mostly two column format is very readable), the photographs, images (book covers, film logos), fonts and colors are great. Very professional work.

Marie Kane
Akron, OH

Hey there Mark,

I am so relieved to have found the NHA. I live in a meat-and-potatoes location in the countryside, with McDonalds, Starbucks and country diners sprinkled here and there. Finding social acceptance and comradeship for the NHA message in my area is a real challenge. Receiving the *Health Science* magazines, being able to interact with the website, and having a yearly invitation to the awesome NHA conference should not be missed by those ready to embrace what the NHA stands for.

I began my vegan, SOS-free eating plan two years and nine months ago. During this time, I have watched videos from everybody imaginable, bought many books from all the different vegan SOS-free doctors, and explored, investigated, and snooped wherever possible. And it was only this week that I found out that the NHA existed. All these doctors could be mentioning the NHA in the books they publish. I mean, it's not competition for them—in fact, it's further validation for them. It would be so valuable to their followers who live in areas where vegan, SOS-free is such a rarity that we have trouble finding support groups and potlucks. I would have joined long ago if I had known about the NHA then. I guess the question is: how can the NHA make itself better known to those of us ready for its message?

Kathy Plaza
West Grove, PA

Hi Mark,

Thank you so much! I am downsizing, so I'm trying to replace as many of my print books with digital versions to save space. I have most of Herbert Shelton's books and Amazon has many of them in Kindle format, but they didn't have *Fasting Can Save Your Life;* so, I did a Google search to see if it was available elsewhere. I'm happy I did because it led me to your site. Not only did you have that book, but most of his other books as well. And by becoming a member, the amount I spent was far less than if I would have purchased them on Amazon! Plus, there are so many other benefits to membership!

Dave Peterson
Wilsonville, OR

We'd love to hear from you, too!

Send your letter or email today!

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